

**SOUTH DAKOTA
COUNSELING**

ADULT PROGRESS NOTE/CONTINUED SERVICE CRITERIA

Name: Client, Suzy

Case Number: 07F-000

Dates of Service: December 10, 11, 12 2008

Time of Service: 6:00pm – 9:00pm

Level of Care:

Session: Level II.I Intensive Outpatient Treatment

Week Number: One

Service Code: H0015 Intensive Outpatient Treatment

Units of Service: 3 6 (1 Unit=15 minutes)

- ☐ Level I – Outpatient Treatment
☒ Level II.1 – Intensive Outpatient Treatment
☐ Level II.5 – Partial Hospitalization

It is appropriate to retain the patient at the present level of care if:

- ☒ Yes ☐ No ☐ NA The patient **is** making progress, but has not yet achieved the goals, articulated in the Individualized treatment plan. Continued treatment at the present level of care is assessed as necessary to permit the patient to continue to work toward his or her treatment goals;

or

- ☐ Yes ☒ No ☐ NA The patient is **not** yet making progress, but has the capacity to resolve his or her problems. He or she is actively working toward the goals articulated in the individualized treatment plan. Continued treatment at the present level of care is assessed as necessary to permit the patient to continue to work toward his or her treatment goals;

or

- ☐ Yes ☒ No ☐ NA **New** problems have been identified that are appropriately treated at the present level of care. This level is the least intensive at which the patient's new problems can be addressed effectively.

CHECK EACH DIMENSION THAT HAS A PROBLEM TO BE ADDRESSED. DISCUSS THE PROGRESS/REGRESS AND PLAN OF ACTION OF EACH PROBLEM ON NEXT PAGE.

- ☐ **Dimension 1:** Acute Alcohol and/or other drug intoxication and/or potential withdrawal:
☐ **Dimension 2:** Biomedical Conditions and Complications:
☐ **Dimension 3:** Emotional/Behavioral/Cognitive Conditions and Complications:
☒ **Dimension 4:** Readiness to Change:
☒ **Dimension 5:** Relapse/Continued Use or Continued Problem Potential:
☒ **Dimension 6:** Living Environment:

Weekly Group/Session Summary: The week started with orientation and introductions. We then had a discussion of the holidays and the impact they have on the client's emotions. They went over their homework assignments and completed the workbook on "Family". They role-played the different roles in dysfunctional families, and then identified which roles they played in their families of origin. After identifying their roles, they discussed the negative aspects of that role they would like to leave behind. They created a family collage and held an AA meeting.

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CORRECTIONAL SUBSTANCE ABUSE PROGRAMS

Revised July 7, 2006

Subjective: Suzy reported that she learned to deal with her feelings by using drugs and alcohol from her family of origin. She reported that she wants her family to avoid bailing her out financially when she is in trouble. (Dimension IV, Objective 2) Suzy reported that she plans to build positive relationships with people while in recovery (Dimension VI, Objective 1).

Objective: Suzy participated well and respectfully confronted another group member.

Assessment: It seems that Suzy has been able to identify some patterns of behavior among her family of origin, which may help her to learn to cope with her emotions (Dimension IV, Objective 1) in a healthy way. She can see how she is following in the footsteps of her parents. Suzy plans to tell her family not to help her financially, but she will need to do more work than that in order to effectively manage her money (Dimension IV, Objective 2). She is working on a plan to face them by role playing with other group members what she will say to her family. Suzy's plan to build positive relationships will help her to prevent a relapse (Dimension V, Objective 1). She has identified that most of her past relapse situations have dealt with a poor relationship. She is involved with a man in the community that does not have legal or drug issues, and plans to live with him upon release from prison. (Dimension VI, Objective 1)

Plan: To attend week 2 of treatment, complete the objectives on her treatment plan, turn in her assignments, and present her relapse recovery plan to the group by week 4.

Tasks Completed: She completed her homework assignments, role plays, family collage, and attended an AA meeting.

Tasks Assigned: She will complete the "Relapse Prevention" journal.

Kay Jones, CCDC III

December 14, 2008

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